



Winter 2022-23 Menu:

General Murray, VATC

MEAL PRICES
 Student meals are offered at NO COST through the 2022-23 school year.

ADULT MEALS
 Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

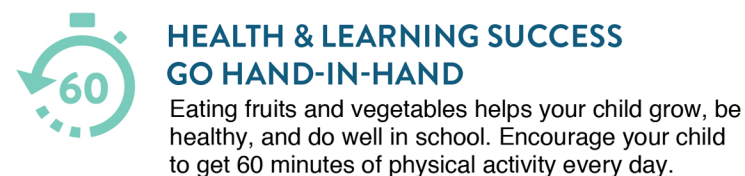
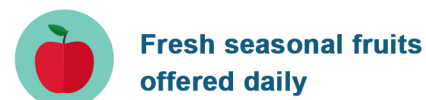
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Menu Served November 7, 2022 - March 3, 2023					
BREAKFAST (All Schools)	Benefit Bar, Turkey Sausage Pancake, OR PopTart Breakfast Breaks	French Toast Sticks, Cinnamon Pear Oatmeal, OR Assorted Cereal	Pumpkin Bread, English Muffin with Pork Sausage & Cheese, OR Chocolate Muffin	Pan Dulce, Sausage & Cheese Burrito, OR Assorted Cereal	Double Chocolate Doughnut, Bagel & Cream Cheese, OR PopTart Breakfast Breaks
LUNCH General Murray	Marinara Lasagna Rollup with Dinner Roll, OR Chicken Sandwich (Reg. or Spicy)	Broccoli Cheddar Soup with Texas Toast OR WaveCrest Pizza	Egg, Bacon, Cheese & Tater Tot Brunch Burrito OR Teriyaki Chicken Rice Bowl; COOKIE DAY!	Bean & Cheese Burrito, Hamburger, Cheeseburger, OR Spicy Black Bean Burger	Hot & Spicy Chicken Tenders w/ Texas Toast, OR Fiesta Taco Bar
LUNCH VATC	Marinara Lasagna Rollup with Dinner Roll, OR Chicken Sandwich (Reg. or Spicy)	Broccoli Cheddar Soup with Texas Toast, Hamburger, Cheeseburger OR Spicy Black Bean Burger; COOKIE DAY!	Egg, Bacon, Cheese & Tater Tot Brunch Burrito OR WaveCrest Pizza	Teriyaki Chicken Rice Bowl OR Fiesta Taco Bar	Hot & Spicy Chicken Tenders w/ Texas Toast, Bean & Cheese Burrito, OR WaveCrest Pizza



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EVERYDAY OPTIONS
 Asian Salad
 Large PB&J Sandwich
 Bento Box
 Turkey & Cheese Sub

PIZZA OFFERINGS
 Cheese, Pepperoni,
 Chicken Alfredo



FOR INFORMATION, CONTACT:

Child Nutrition Services
 (760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

